

Tuscan Smoked Turkey and Bean Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

Soups H-12r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced ½"	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
*Fresh celery, diced	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh carrots, diced	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh kale, no stems, coarsely chopped	8 oz	1 qt 2 ¼ cups	1 lb	3 qt ½ cup	
Canned low-sodium tomato paste	4½ oz	½ cup (¼ No. 2 ½ can)	9 oz	1 cup (½ No. 2 ½ can)	
Fresh garlic, minced		¼ cup		½ cup	
Low-sodium chicken stock		1 gal		2 gal	2. Add stock, beans, salt, and pepper. 3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
Canned low-sodium Navy beans, drained, rinsed OR *Dry Navy beans, cooked (See Notes Section)	2 lb 14 oz OR 2 lb 14 oz	1 qt 3 ¾ cups (¾ No. 10 can) OR 1 qt 3 ¾ cups	5 lb 12 oz OR 5 lb 12 oz	3 qt 3 ¾ cups (1 ½ No. 10 cans) OR 3 qt 3 ¾ cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		½ tsp		1 tsp	
Smoked turkey breast, ¼" pieces	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh parsley, chopped		2 Tbsp		¼ cup	
Fresh thyme, finely chopped		2 Tbsp		¼ cup	
Fresh basil, finely chopped		2 Tbsp		¼ cup	
					5. Critical Control Point: Hold for hot service at 135 °F or higher. 6. Portion with 8 fl oz ladle (1 cup).

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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available</p> <p>Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe. QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe. COOKING BEANS Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours. 1 lb dry Navy beans = about 2 ¼ cups dry or 5 ⅞ cups cooked beans.</p>

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	10 oz	1 lb 4 oz
Celery	7 ¼ oz	14 ½ oz
Carrots	7 ¼ oz	14 ½ oz
Kale	12 oz	1 lb 8 oz
Dry Navy beans	1 lb 5 oz	2 lb 10 oz
Parsley	½ oz	1 oz

Nutrients Per Serving					
Calories	134.55	Saturated Fat	0.67 g	Iron	2.28 mg
Protein	14.51 g	Cholesterol	20.68 mg	Calcium	61.62 mg
Carbohydrate	13.62 g	Vitamin A	3058.35 IU	Sodium	524.69 mg
Total Fat	2.83 g		(152.89 RAE)	Dietary Fiber	3.66 g
		Vitamin C	7.00 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides:	25 Servings: about 12 lb 12 oz	25 Servings: about 1 gallon 2 quarts
Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ⅓ cup red/orange vegetable, and ⅓ cup other vegetable. OR Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ⅓ cup red/orange vegetable, and ⅓ cup other vegetable. <i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>	50 Servings: about 25 lb 8 oz	50 Servings: about 3 gallons